



Kirkstall Harriers Running Club

NEWSLETTER #136 March 2015

2015 SUBSCRIPTIONS NOW DUE!

Your subs are now due. At the AGM the members voted to offer a £5 discount to existing members as long as they pay before the end of March 2015. After that date, subs will be £25. For second claim members subs remain at £10.

If you joined the club part way through 2014 you may due a further discount. An email has been sent out to members listing those eligible. You can pay your subs in cash or cheque to Ben Coldwell or online via the club website.

2015 AGM REPORT

The AGM was held on 16 February. Over 50 members attended.

Election of officers:

Chairman – Chris Glover
Secretary – Jill Buckley
Treasurer – Ben Coldwell

Election of Captains and Committee:

Ladies Captain – Laura Davies
Ladies Vice Captain – Lucy Churm
Mens Captain – Alan Brydon
Mens Vice Captain – Jason Buckley
Club Gear Sales – Carol Moran
Membership Sec – Steve Groves
Social Secretary – Sam Broome
PECO & YVAA – Adam Moger
Club Championship – Steve Webb
Sponsorship – Marion Muir

Club Constitution

Amendments and additions were agreed to bring the constitution up to date and prepare the club for CASC (Community Amateur Sports Club) status.

The revised constitution is now on the club web site.

Club Championship 2014 Winners

Chris Glover presented trophies to:
1st – Ben Coldwell
2nd – Hannah Lee
Rose George was 3rd but could not be present.

2014 Sportsman & Sportswoman

Adam Moger presented trophies to:
Sportsman – Alan Brydon
Sportswoman – Sam Broome

Congratulations to all winners. See P8 for photos

YORKSHIRE VETS ATHLETIC ASSOCIATION

Now that the PECO cross country season is coming to a close, the YVAA series is soon starting. The first race is on March 29th at Honley. This and most of the other YVAA races are usually between 5 and 7 miles and over some interesting multi-terrain courses. This one has some majestic sights to see around Holmfirth, and is mostly off road. We shall arrange to share and offer lifts where possible to these events. Those who have done them before I am sure will be getting excited at the thought of this and similar races. Those of you who have not done them before are welcome to join in. To be a veteran runner you have to be 35 or older on the day of the race, but if you like the sound of them, you youngsters can run as guests. Most of the races are in the Leeds and surrounding area with some visits to Honley, Whitby, York and West Vale near Halifax being the furthest ones to travel to. They are good value for money races, currently £5 per race, and there is usually a supply of food afterwards – and individual and spot prizes too. The age groups go up in bands of 5 years so plenty of opportunity to win something, especially if you have just crept into that age group. The YVAA try to get the

Edited by Gemma Rathbone

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clubs to organise 10 races in a year, the last one is usually in November. As well as prizes for each race you can also win prizes at the end of the year if you do the minimum requirement – which is 7 races if there are 10 in the year. The races so far this year are:

Sunday March 29th – Honley

Tuesday May 26th – Kirkstall Abbey – we will be asking for marshals and help on the day.

Sunday June 7th – Loftus/Whitby

Tuesday June 23rd – Meanwood

Tues July 7th – Cross Gates

TBC – West Vale – near Halifax

Wed August 5th – Knavesmire

TBC – Pudsey

Sunday Nov 8th – Spenborough

PECO CROSS COUNTRY SUNDAY - SUNDAY 8TH FEB BODDINGTON

For several different reasons, injury, holidays and other races mainly, we had a much smaller than usual turnout for this event, despite it being on our doorstep, and the first club championship race of 2015. We had 14 ladies and 23 men. This made little difference to the men's team results, as we finished 7th again – and relegation is now inevitable. But it gives us thoughts of promotion again next year. The ladies finished 5th, and are still 2nd overall, but only by 1 point ahead of Saltaire Striders. A good turnout and finishing 2nd in the next and final race, is the only way we can ensure runners-up spot in the Premier League this year.

For the men, our 8 counters were Steve Webb finishing 43rd overall, Ben Coldwell 67th, Chris Hutson in his first Peco 96th, Liam Mealey 121st, Andrew Carter 127th, Adam Moger 141st, Joe Steele 144th and Adam Rhodes 147th. For the ladies we had Niamh Jackson with an excellent 7th overall, Jen Berg 16th, Emma Lavelle-Wood 39th Sharon Cook 74th and Marion Muir 82nd. In the other leagues the Men's vets are 3rd in the First Division, and Ladies Vets joint 5th also in the First Division. For our 2nd teams, the men are 6th and the ladies are joint 2nd – again with Saltaire Striders.

The final race is Sun 1st March – Roundhay Park, which by the time you read this will have gone, hopefully.

By Peter Hey

(Editor's note: this race has, indeed, come and gone. Final standings to be announced on Facebook and in next month's newsletter.)

TIME TRIAL - WEDNESDAY 26TH FEB

We had 21 starters to begin with on this fairly mild night but as we were starting the rain started also, which made the footpaths slightly slippery on the night. Our 22nd runner, Andrew Cross arrived 55 seconds before his start time and needed assistance undressing by Clare Doherty, to be ready on time. Due to the starter's error, Ben also got a 30-second headstart on his official start time. I think Adam must have undone Chris Glover's shoelace as Chris was delayed a few seconds in tying his shoe. To add to the complications of taking times Julianne Odede, and a new face down on the night Clare Thomasson, both took the short cut to the finish, but looking at the times probably did not alter the finishing over the line sequence. The first three members over the line were Julianne in a run time of 25.09, Jemma Roe 27.00, and Ben Coldwell 18.47. The wooden spoon on the night went to relative newcomer Martin Roper with a run time of 24.30. Allowing for the first two taking a short cut and Martin with a "guesstimated" time, the time difference between all the other runners was 2 minutes 54 seconds. The fastest lady on the night was Carol Moran with 25.37, and the fastest man Alan Brydon with 17.57 who made up 8 places from the start.

Many thanks to James Woodman who arrived to assist, and Clare Doherty who only turned up to pay her subs, but was railroaded to help too. Andrew Kirkby and Lucy Churm also volunteered to help but mistimed their own run, but arrived in time to see and assist with the finish.

Subject to scrutiny and any appeals, we now have three members who have done all five time trials—Sean Cook, Adam Moger and Andrew Cross, and four who have done four - Simon Smith, Claire Bromley, Jamie Crooks and Paul Miller. Leading the scores we have Simon with 38, Claire with 43, Jamie 49, Sean 55, Adam 68 and Paul and Andrew on 69. We also have 10 others who have done three races. So with the last time trial scheduled for March there are quite a few winning permutations with the best four races counting. Altogether we have 74 members who have done at least one time trial this winter.

By Peter Hey

Temple Newsam parkrun - Tree planting for Mike Sellars

Some of you may know that last year Mike Sellars of St Therasas sadly passed away. As well as being an active member of STAC and Temple Newsam parkrun, he was also someone who would be seen regularly at Vets races and cheering everyone on during races – whatever colour shirt you were wearing. On Saturday 28 February the guys at STAC had organised to plant a tree at Temple Newsam in honour of his memory. The tree (oak) was planted by captains James May and Nicky Coop and is perfectly situated by the parkrun start line. As well as the tree planting a number of STAC members ran together to complete parkrun in Mike's PB time. I know not everyone may have known Mike but I think at times like this it doesn't matter what colour vest you where or what 'team' you support everyone within the running community helps and knows each other.

By Sam Broome

Leeds Race Series

Registration is now open for the 2015 Leeds Race Series. It is free to enter and consists of 22 trail, fell and road runs. The series runs throughout the year and you get points based on the position that you come and you are ranked against others within your age category. It is organised by Valley Striders' Bob Jackson and has been going for a few years and it has always seen a good show of Harriers registering, and winning! It is a bit of fun, but it also allows you to see how well you do against other people within your age category. 2014 saw four Harriers pick up 1st place trophies which will be handed out after Meanwood Valley trail race (which is also a Club Champ race) on 18 April.

M50-55: Chris Glover
M30-34: Paul Miller
F45-50: Alyson Glover
F25-29: Sam Broome

Details on the races within the series, how it works and registration, can be found on the Leeds Race Series website - http://www.leedsathletics.net/Leeds_Race_Series.htm

A group has also been set up on facebook which will give details on races, results and pictures – just search Leeds Race Series.

By Sam Broome

James' PECO muffins

The following should make 12 'regular' muffins, rather than the fun-size offerings I conjured up for the PECO at Roundhay Park on 1 March. Time was limited and it turns out Nicky has more bun tins than muffin tins in her baking cupboard!

Chuck the following into a pan:

1 cup of mixed fruit (see, healthy already)
1 cup of sugar (any kind)
1 cup of cold tea (Yorkshire Tea, of course)
4oz margarine
2 teaspoons of mixed spice
Boil all of the above for 1 minute then leave to cool.
Next, add:

2 cups of self-raising flour
2 eggs
Mix thoroughly into a sloppyish batter and divide between the muffin cases.
Bake at 180°C (fan) / gas mark 5 for 45 minutes, allow to cool, then make a brew, get your feet up and enjoy!



Club Championship

As well as the start of the new Club Championship with the first two races in successive weekends, February also saw the organisational reigns for the CC passed from Chris Glover to Steve Webb. Thanks go out to Chris for all the effort he has put in over the previous seasons and also the work he has put into setting up the scoring in a manageable way. It has definitely eased the transition!

Race 1 of the championship was the Boddington Fields PECO. A dry, crisp February Sunday greeted 37 members for a relatively short blast around a muddy(ish) two-lap course. The runners outperforming their handicaps to earn the top three places were Simon Smith, Richard Thomas and Paul Glover.

Race 2 of the championship was the Liversedge Half Marathon. Historically prone to poor weather conditions, this year saw a much more palatable forecast which in turn provided perfect running conditions for 20 of Kirkstall's finest. This was reflected in the finish times with quite a number of PBs. Tom Keeber took home the 50 point maximum, beating his predicted time by nearly 12 minutes (recording a sub 90 half marathon in the process), Hal Roberts followed with 49 points and Jamie Crooks took third spot with 48 points.

Race 3 was the final PECO of the season at Roundhay Park. Results are yet to be posted, the Club Championship positions will be posted on the website in due course.

The next race is the Guiseley Gallop on 5th April and entries are now open. See the website for further details.

The current top 10 in the league after two races is shown below. Everything is up for grabs at this stage with it being so early in the season, the impending marathon season will also see a lot of members achieving their marathon bonus in the coming months.

By Steve Webb

Position	Name	Points	Total Races	Race	
				1	2
1	Simon Smith	88	2	50	38
2	<u>Burjor Langdana</u>	85	2	39	46
3	Andy Carter	83	2	41	42
4	Adam Rhodes	75	2	38	37
4	Peter Hey	75	2	34	41
4	Sharon Cook	75	2	36	39
7	Ben Coldwell	66	2	31	35
8	Patrick <u>Nesden</u>	60	2	16	44
9	Tom <u>Keeber</u>	50	1	0	50
10	Richard Thomas	49	1	49	0
10	Hal Roberts	49	1	0	49

Member Profile - Simon Smith



Name: Simon Smith

Age: 45

Occupation: Operations

Manager for an online stock brokerage company

Originally from: Hull via

Newcastle to Harrogate. I'll let you guess which place has the most antique shops.

Time as a Kirkstall Harrier: 8 months

When did you start running and why?

I started running in 2003 primarily to try and gain fitness after my dissolute 20s had seen me eating and drinking a bit too much. Though this was tremendous fun at the time (and to be honest, still is), it was doing no good for my waistline. Whilst I started for physical benefits, I discovered very quickly that running was an even better palliative for the rubbish that often buzzes through my head. I joined Nidd Valley Road Runners in 2004, and feeling that the time was right for a change, joined Kirkstall last Summer after work took me to Leeds. I've never regretted it....even though my first club run was up Post Hill.

What are your motivations for running?

As I suspect in common with many others, I run now first and foremost because it is the best stress buster I know. I've never gone for a run yet where I didn't feel better at the end of it than I did at the beginning. The best bit is the bit when you get to stop. I also simply enjoy it. There's something deeply fulfilling about just getting "out there" and running. For me, it's a child-like pleasure that I wouldn't miss for the world. I can

never now see a time where I won't run. How fast or how slow doesn't really matter.

What are your greatest running achievements?


I've done about 12 marathons now
all over the UK and Europe.

Finishing each of them has felt like a massive achievement, and I always get emotional when I cross the finish line despite my best efforts to remain very British/stiff upper lip etc. This usually sees me either bursting into tears (outside of running, only a visit from my mother-in-law has a similar effect), swearing like a trooper with some unbelievably bad language, or both. I think it's just the end result of months of hard training coming out. If I had to single one out as being the "greatest", it would have to be my PB which I achieved at Chester in 2012. How anyone goes beyond a marathon to do an ultra or similar is something that leaves me in awe.

What are your best running related memories?

Probably most of those marathons.

I've been on some fabulous city breaks with my wife Michelle that we've ruined by running a marathon in the middle. Berlin was a huge favourite given the size of the field and the wonderful atmosphere; it's also a city with a rich and tragic history. Munich was another great trip (arguably not the first place you'd write down on a list of cities to visit, but do go if you have the chance). Both of those gave you beer at the finish. I don't care what anybody says about Germans, they are fine by me.



Budapest and Connemara in the West of Ireland where also great memories. If you ever fancy a running foray into Europe, just let me know and I will happily bore you rigid on the topic.

What are your worst running related memories?

This one is easy - the Blackpool Marathon 2005 (just to prove that I've ran in places that aren't glamorous). It was my first dib at the distance, and I'm amazed the experience didn't put me off for life. A broiling hot day, no water stations after the 10 mile point, dangerously poor organisation and marshalling to the extent that a member of the public took it upon themselves to inflate a child's paddling pool on the Golden Mile and fill it with Coke begged from the local McDonalds to hand out to needy runners (I kid you not). Avoid this event like the plague, but should you feel compelled to do it, ensure first that your last Will and Testament is in order and adequately reflects your wishes.

Any words of wisdom for your fellow Harriers?

One of my favourite songs is called “There’s Always Someone Cooler Than You” by Ben Folds. I would paraphrase this for all runners to “There’s Always Someone Faster Than You”. Don’t beat yourself up because someone else can run or race quicker than you can. Someone always will. Stay focussed on your own performance, your own enjoyment

and being the best that you can be for no-one except yourself.

Can you share an interesting fact about yourself?

Yes. Did I tell you
I've ran
marathons all
over Europe?

ZZZZZZZZ.....

English Cross Country Championship

**Those of a southern disposition may want to skip this report as it is written with
a northern sense of humour.**

Some weeks ago Secretary Buckley posted on Facebook about entering a team into this year's National Cross Country Champs. Brilliant I thought, I have done about zero training and I have missed pretty much the whole cross country season and haven't been on a club day out in ages where do I sign up... It was only later when I realised just what it was that I had agreed to do. Basically sit in a car for 8 hours then run through a muddy field for an hour... Oh well why not it's got to be better than cleaning the house.

Five intrepid Harriers ventured to the SOUTH on Saturday the 21st of February to run Pthe arliament Hill course on Hampstead Heath. What ,London has a hill? Pull the other one this is going to be easy I'm from Yorkshire we invented hills we have songs about it and everything. The five Greggs loyalty card-carrying Harriers were Kieran, Alan, Jill, Jay and myself.

There should have been a few more of us taking part but due to various reasons ranging from injuries to lack of a valid passport it was left to us five to fly the purple flag down SOUTH.

The plan was simple: drive to the SOUTH, park up, find a friendly northern running club (preferably one with a gazebo or shelter of some kind) to dump our bags in, have a quick wee, run the London hillock, take photos grab a hoodie then get back to the NORTH asap. A plan fit for a bunch of no nonsense, ale drinking, pie eating northerners that we definitely are! Right?

On the long drive to the SOUTH we learnt many fascinating facts about each other. Alan B's specialist subject on Mastermind would be naming Pokémon characters. Jay cooks the best omelette ever. Kieran is seriously OCD. I am pretty good at naming countries with only four letters in their name and Jill's Southern name is GILLY who knew? And it was decided that the geographical SOUTH must begin just south of Doncaster. Did I mention it is a long way to London.

When we finally arrived in the SOUTH it was into a crazy game of find the only pay and display parking spot in North London. What we learnt was that in every street in North London there is only one pay and display-parking bay and in it will be a badly parked BMW or Audi. Don't even ask Kieran what he thinks of parking in London but at least next time it will only take him 30 seconds to pay over the phone, which will be a blessing for him.

Parking done (only took like an hour) we headed off in search of the start area and that Northern club. A marshal helpfully directed the long way round the heath to the starting area, which gave us a good chance to check out the course. By 'eck it was looking well churned up! Already ankle deep mud and getting deeper by the second as more and more juniors ploughed through it. And there is me without a pair of heeled Hunter Wellies oh dear! This race was not going to as soft as we thought!

We carried on in search of the registration tent; Gilly was now getting a bit worried that the ladies team might not make the start of the race in time. Luckily for us we bumped into Phil Hewitt who pointed us in the right direction... It's always nice to see a familiar face when you are abroad.

Start found, team registered, Gilly in the portalo queue, the rest of us wadded of in search of the Holmfirth Harriers gazebo. We ended up pitching the flag next to Ilkley Harriers team. Close enough!

The ladies team headed off to the start area. We found a spot to watch the mass start from up on the hill. The mass starts of the senior women and men's events are a sight to behold if you haven't see one, make sure you add it to your bucket list!

"There are NO shoes invented to cope with this terrain" Gilly shouts to us as came round to start the second lap.

Then it was the men's turn to take on the mud, over the tannoy the announcer tells the assembled runners that over 3,000 runners had signed up to run. There was nowhere near that many on the start line, it turns out that there was just over 2,000 of us hardy fools prepared to run the 12K, two-lap course. It's at this point that it dawns on me that I really could be dead last today... or even just dead - this is going to be well hard!

In my life I have had the pleasure of running in a few truly epically muddy races... The Pudsey VETs and Total Warrior are the only two races I can think of that come close to the muddiness of this Parliament Hill course. I won't lie to you, it was horrible. I am not nearly fit enough or light enough to cope with these conditions, running at the back of a pack of 2,000 runners is like trying to run through thick treacle. I was lucky to get on to the second lap before the race winner entered the finishing funnel. I think we all found the going pretty tough. Alan ran well, Kieran and Jay put in good solid performances. And the whole gang plus Lucy were at the last bend to cheer me home.



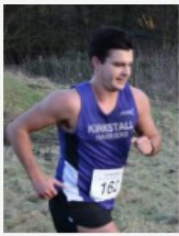







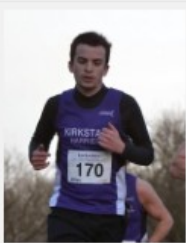


It was good to be finished. It probably sounds like I didn't enjoy the race and there you would be wrong, sure the running part of it was rubbish but the spectators were brilliant, spread throughout the course to cheer everyone on, I was wearing my club vest with my name on and so I got a lot of support on the way round. The marshals were great and really cheerful considering they must have been stood out on the chilly course for hours supporting all the different races. On the back of my vest I have written, 'Running for the Fun of it' which I heard a bemused dog walker read aloud as I plodded past, his remark 'Brilliant, I love it'.

It's reflecting on that that makes me think it wasn't that bad you know. I am glad that I had the opportunity to run in the same field as some truly top class runners from all over the England, best of all I was last... not that it really matters.

Now where did I leave my flat cap its time to take my whippet down the pub for a pint of bitter and eat a massive pie... God it's great to live in the NORTH.

By Matt Sykes-Hooban



		
Chris Glover Chairman cdglover@email.com Website	Jill Buckley Secretary stoxy78@hotmail.com KA7 Race Director	Ben Coldwell Treasurer Address for subs: 6 Lakeside Walk, Rawdon, 6 Lakeside Walk Rawdon, LS19 6DL
		
Adam Moger YVAA & PECO	Marion Muir Sponsorship	Jason Buckley Mens Team Vice Captain
		
Laura Davies Ladies Team Captain	Alan Brydon Mens Team Captain	Lucy Churm Ladies Team Vice Captain
		
Carol Moran Club Gear	Steve Webb Club Championship	Steve Groves Membership Secretary
		
Sam Broome Social Secretary		



ABOVE: Alan and Sam—Sportsman and Sportswoman

BELOW: Ben and Hannah—Club Champ 1st and 2nd



Social Calendar March to April

- * Thursday 5 March – Curry evening at the Sheesh. Organised by Secretary Buckley
- * Friday 6 to Sunday 8 March – Weekend away to Snowdon, organised by Lucy Churm and Alan 'ball bag' Brydon
- * Saturday 14 March – Club parkrun trip to Roundhay. This will count towards anyone signed up to the Leeds Athletic Race Series (registration is still open) and will count towards the Club Championship bonus.
- * Tuesday 17 March – St Paddy's Day. Social gathering at the Horsforth Hotel from 7.30pm onwards.
- **More details to come**
- * Sunday 5 April – **Bank Holiday Fun** Pie and Cider festival at Belgrave music bar – more details on their website. Plan is to go in the afternoon after Guiseley Gallop.

If anyone would like to organise or know of any good day trips or evening events, then please get in touch.
By Sam Broome

PBs

Congratulations to those who achieved new PBs.

Distance		Name	Time
Marathon	PB	Kieran O'Brien	3:41:33
Half Marathon	PB	Catherine Barrett	1:55:06
Half Marathon	PB	Tom Keeber	1:29:52
Half Marathon	PB	Hannah Lee	1:57:59
Half Marathon	PB	Hal Roberts	1:28:36
10mi	PB	Sean Cook	1:15:48
10mi	First Race	Vicki Hipkiss	1:45:57
10mi	PB47	Kevin Kelly	1:26:05
10mi	PB	Mark McKone	1:16:49
10mi	PB	James Nundy	1:29:09
10mi	PB	Adam Rhodes	1:11:47
10mi	PB	Shamiso Sisimayi	1:09:56
5k	PB	Ben Coldwell	00:18:47

New members

Please say hello to our newest member:
Micheal Reynard



Birthdays

Many happy returns to the following members who celebrate their birthdays in March:

Jason Buckley
Patricia Convey
Laura Hogg
Tony Moran
Patrick Nesden
Justin Newall
Marlena Skrzyniarz



Liversedge Half Marathon

I had mixed feelings about running the Liversedge half Marathon this year. I knew it was a race I had to do, as it is a vital part of my preparation for the London marathon. This was to be my fourth Liversedge Half Marathon in four years and I have experienced the best and the worst of this extremely hilly road race.

I tend to run very well at this race, in 2012 I performed so well, I set myself a new half marathon PB with a time of 1:24:15, but I have progressively got slightly slower in the last two years and I really hoped that this year I still had the desire to push myself through the pain barrier when I inevitably would have to dig in. To ease the pressure off myself, in the week leading up to the race, I was telling myself 'you don't need to run it super fast, just be sensible and don't get injured' and 'don't worry about your time, it's just about getting the mileage under my belt'.

I think in many ways, what I was telling myself was very sensible and mature as a now experienced marathon runner, knowing that running a good race pace and getting the mileage under my belt for London Marathon is more important than running my heart out but that isn't me, I love that feeling of pushing myself and having a few tear ups with other runners during the race is where I get my adrenaline buzz from.

THE RACE:

I managed to get some good sleep the night before the race, probably around 6 hours (it's good for me anyway), but I did feel pretty heavy eyed though. I tried to keep quite well hydrated during the Saturday and on the morning of the race I had two glasses of water and a Lucozade, so I was well hydrated. I had a banana for breakfast and some wine gums for energy.

My two biggest supporters Simon and Emma who have watched and filmed me at Liversedge every year now picked me up along with my friend and fellow Kirkstall Harriers member Emma and we all set off up to Roberttown where the race starts. I don't know if I was feeling really nervous or what? But I needed about four weeks before the race and it was doing my head in.

I don't think I was particularly nervous about the race, it was more the fact that I had not ran 13.1 miles since May 2014 (when I ran Leeds Half Marathon in a PB of 1:22:45) and due to my right calf injury problems, the furthest I had ran since the Mad Monk run last September was 7 miles and that was only two weeks ago, so I think I was more nervous about the prospect of the challenge of running 13.1 miles, not knowing how good my endurance actually was.

So the race began, it was the warmest start to a Liversedge race I have ever experienced which I was pleased about, but I needed a wee from the start, which annoyed me and I was thinking about it a lot but as I got a couple of miles in, the feeling of needing a wee wore off.

My main focus was the break down the 13.1 miles in sections, the first three miles I ran at a strong but comfortable pace, I was growing in confidence but I experienced some strange pains. First in my right leg and then my right ankle joint was causing a shooting pain up my leg and it was beginning to worry me. Thankfully it wore off and it may have been the fact my joints were a bit stiff (I am 30 now don't forget haha), it's something I suffer from now after years of football and road running.

The first three miles flew by, rather than counting up though, I was counting down the miles. When I got to the 6 and 7 miles mark I thought 'wow, I feel as though I am getting stronger', but I still had that doubt in myself whether my legs had the endurance in them to keep it up. I didn't wear a digital stopwatch but I am quite good at predicting what pace I am running at and I was gradually overtaking runners and I knew I was on a good pace.

As I approached the famous steep winding hills (Liversedge runners know what I am talking about), at around the half way mark, I don't know if I was showing off or if I was just confident, but I used my trademark low centre of gravity technique to power my way up the hill and I knew at the time it could back fire on me, and boy it did. I got to the second part of the hill and I was totally gassed out, but I powered to the top with some of the small gathering of crowds encouraging me to power on.

At the top of the hill I felt unbelievable relief and it was a great feeling but this was the first time in the race I really had to test my desire to push myself through the pain barrier. I was being overtaken by several runners, which definitely knocked me out of the top 15, but I swallowed my pride and



used my experience and just worked on dropping my pace down a level and I decided to run the next mile at a consistent pace until I recomposed myself and improved my breathing technique.

With just five miles left I ingested my carbohydrate gel to give me that energy boost I really needed as I approached the big long main road, which is an awfully tough incline. I again had to swallow my pride during this section of the race as I struggled to have the endurance to keep up and I felt this is when I fell outside of the top 20. I managed to dig in and power my way to the last 3 miles mark and I began growing in confidence now I knew there was only 5k left to the finish.

I began to pick up the pace but I did feel a bit nervous about my right calf, as it began to feel a bit fragile, especially when I put my foot on the gas. I had a couple of runners ahead of me, and any other year I would have tried to run them down and hoped to have a sprint finish with them but I definitely didn't feel confident my calf would cope with a sprint. I decided a sprint finish wouldn't be a good idea and so I concentrated on fending off the guy behind me who was really trying to mow me down.

I am clever with my pacing now and I knew if I just kept steaming through with this pace, I will fight him off and to be honest, in the last mile I dusted him and I knew I could enjoy the finishing stretch. I feel I had more left in the tank and I am confident I could catch a few ahead of me but I just stayed sensible and didn't risk pushing myself too far to avoid re-tearing my calf. The runner ahead finished easily 100 metres ahead of me and I just enjoyed a strong finish to the line, filmed by my friend Simon (see below).

As I came in, I saw the clock was a matter of five seconds short of hitting 1:25:00 and I desperately pushed to get a 1:24:00+ time and I managed it much to my delight.

CONCLUSION:

All in all, I was very happy with how the race went. I felt really strong throughout the whole race and for me, I answered the question of whether I still have the desire in me to dig in and push myself through the pain barrier when the going gets tough and I definitely answered that. I found out my endurance levels are still at a very high level despite being injured all autumn and winter.

I kind of decided in my head that I would be happy with a 1:26:00 finishing time but I actually ran it in 1:24:54, faster than last year and that has done the world of good for my confidence going into the Spen 20 Mile race in March.

This was a personal performance I needed after struggling with being able to go on my training runs due to injury. I definitely feel that all my strength and conditioning in the gym has been paying off, the times during the race I felt like I was tiring, my strong running posture from my core strength helped me stick to my pacing, for me, core strength is vital for long distance running. I do feel I maybe need to tone down some of my strength work as my upper body did feel tense at times and that was effecting me a little bit with some aching around my shoulders but I

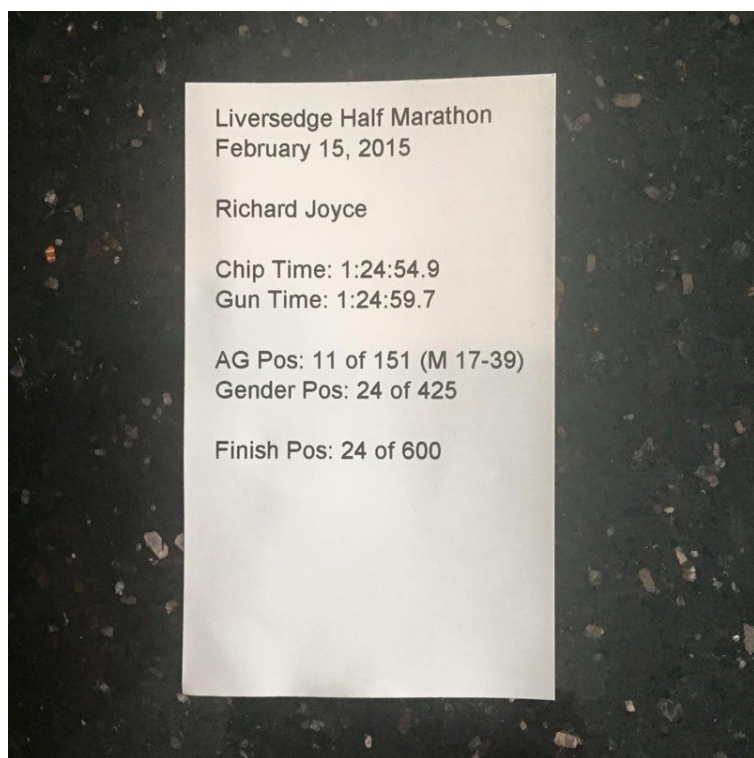
can easily address that, just don't work out quite as intensely. Sometimes I can get that dedicated to my fitness and strength work that I almost forget it is an endurance event I am training for, not a strength competition. Easily done when you are in with the 'gym culture'.

Checkout my finishing footage at my RJ Sports YouTube Channel: www.youtube.com/rjworldsportsnews

Next up is Spen 20 on Sunday 15th March, a race that is daunting but for me, I am going to have to try and run sensibly and just concentrate on running at a comfortable pace to get the milage under my belt and stay injury free for London Marathon but lets see on the day if I stick to this plan.

I am running London Marathon for mental health charity MIND. You can visit my Just Giving page at <http://www.justgiving.com/Richard-Joyce-Mind-London-Marathon-2015>

By Richard Kennedy-Joyce - taken from my blog: www.joycinho.weebly.com



Snake Lane 10mi

The first year I joined Kirkstall I tried to enter Snake Lane - entries had been open 31 days and it had filled up after 30. I got in the next year, ran a 67.08 PB that still stands, and remembered a fast, flat-ish, friendly run.

Fast forward to this year and the first revisit, having failed to get back in on several occasions when it filled up even sooner (less than 48hrs this year). A horribly hard run saw me still not beat my PB with 67.33, and instead of fast & flat-ish, the 3 hills after mile 8 felt like mountainous ascents. Amazing how you can have a good run and remember a great course, and a relatively bad run & remember a nasty one. The cold headwind from halfway didn't help.

Paul Miller (1.02.32), Chris Glover (1.08.57) & Gary (sprained calf after 7 miles) all struggled too. But Shami (1.09.56), Adam Rhodes (1.11.47), Mark McKone (1.16.49), Kevin Kelly (1.26.05) & James Nundy, days after the birth of Ida Rose (1.29.09; 8lb 12oz) PB'd, with Burjor (1.32.27) & Vicki Hipkiss (1.45.57, first 10 mile) also running well.

Our reward was a mug and choice of chocolate bar. It's a 60-mile round trip from Leeds to run 10 miles, but still qualifies as a "do at least once" run, with only Thirsk 10 flatter (though in my case, seemingly no faster).

By Adam Moger



A Rhyl good race

10 miles is a distance I hadn't done too well in in the past. Granted, I hadn't done too many of them but those I had done, have coincided with off-days. So, with a weekend in North Wales, the Rhyl 10 mile race - dubbed "fast and furious" - seemed an ideal opportunity to put that right.

A primarily flat race, the route stays close to the coast en route to Prestatyn and back. In fact, it is the first race I have done where the race briefing includes a warning about waves! As it turned out, the sea (and the wind) was somewhat calmer than had been forecast so the 500 runners - including a strong Leeds contingent from Pudsey Pacers - stayed largely dry as we ran along the sea wall.

I'm pleased to report that the course lived up to its PB potential, as I knocked almost two minutes off my previous time (although that was recorded at the rather more hilly Otley 10). PBs were also recorded by most of the visitors from Pudsey as well as Myra who also claimed 2nd prize in the ladies category. This was the second "Run Wales" event I have done and I look forward to my next one. They organise races throughout the year in North Wales, chip timed, professionally organised, and (mostly) scenic - well worth a visit.

By Sean Cook



Kirkstall Harriers Newsletter March 2015: Approved by Emma Jane

Kirkstall Harriers meet every Monday and Wednesday at Kirkstall Leisure Centre at 6.50pm for a 7pm start.

All standards of runners are welcome to join us. Just turn up and say hello, we are very friendly!

Please visit our website for more info:

www.kirkstallharriers.org.uk

Please email kirkstallharriers@googlemail.com if you would like to contribute to the newsletter.

All articles, member profiles etc gratefully received.